

it is surprising how well this manœuvring can be accomplished and baby be asleep. Atropine is usually used three or four times a day. Incline the head after having used it, allowing it to run out, and, while using, hold the tear duct shut so that none is swallowed. Avoid stains from silver solution by folding a soft old cloth under baby's head and then burn all soiled dressings.

As the discharge lessens, the intervals of treatment are lengthened, and then we must guard against being over-zealous and not disturb too often. Sometimes even with most conscientious work there will be one or more small opacities of the cornea, but as the little one grows and strengthens these absorb, and statistics show that when cases are taken in time vision is not lost.

Observe every precaution when baby is nursing, protecting the mother and bed with liberal pads of old soft cloth, and teach the mother never to come in contact with the discharge, disinfecting her hands if inadvertently done.

Baby's eyes are the first care and when the hand points the half hour, whether giving bath or rub or setting the tray, we must journey toward the brush and hand basin. Of course if the mother's case is complicated, it will be necessary to have two nurses, and in any case there is plenty of work even if infection begins to yield in a few days, but with system it can be done and well done. One can even find time to wash all diapers and flannels if necessary. The mother's room need not be neglected, and last, but not least, we can find time to sprinkle her tray with the rose leaves that have fallen from her bouquet, and there is always time for some good laughs besides.

The treatment for an adult is practically the same. Sometimes dressings are done every fifteen minutes, which is none too often, and often ice compresses and continuous irrigation with some mild antiseptic are ordered, to be given three or four times a day.

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#### MILK PUDDINGS \*

ALMOST any farinaceous food obtainable may be made into a good pudding with proper cooking, milk, eggs, sugar, flavoring, and a little ingenuity. Any of the innumerable preparations of oats, corn, wheat,

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\* In response to a request from a nurse in India for receipts for milk puddings, Miss Hamman has kindly furnished the above. The writer asked for recipes of puddings not in general use which explains the omission of those made of rice, tapioca, Indian meal and bread.

rice, and some of the other starchy foods may be utilized. Fruits of various kinds, when available, may be combined with them, and a little chocolate will often make a new pudding out of an old receipt. Here are a few suggestions, and a little thought will enable one to vary and multiply them indefinitely.

Fine White Hominy. Three-quarters of a cup of hominy, one quart milk, one teaspoon salt, three eggs, one-quarter cup sugar, one teaspoon vanilla. Scald the milk, add salt and hominy, and cook two hours in a double boiler. Add sugar, vanilla, and eggs well beaten. Turn into a buttered baking dish and bake three-quarters of an hour in a moderate oven. Serve with sugar and cream, or with stewed fruit—apples, peaches, cherries. Another variation may be made by using only the yolks of the eggs in the pudding, and making the whites into a meringue for the top.

Oatmeal Pudding. For this either the old-fashioned oatmeal or the rolled oats may be used. In either case, cook the cereal thoroughly, as for mush, using for the oatmeal four parts of water, and for the rolled oats three parts of water to one of the grain. To each cup of the cooked cereal add one cup of milk. Beat thoroughly together, pass through a fine strainer, sweeten, and flavor. Turn into moulds rinsed with cold water. Chill and serve with cream and sugar, or fruit. Chopped dates, raisins or figs may be added to the cereal before moulding. Any of the cereal breakfast foods on the market may be used in the same way. Graham, whole wheat flour and cornmeal may all be made into simple puddings of this sort.

Macaroni Pudding. Any of the flour pastes may be used—macaroni, vermicelli, spaghetti. Break the sticks into small pieces. To a quart of scalded milk add one cup of broken macaroni and one teaspoon of salt. Cook in a double boiler until very tender. Add one-half cup sugar, and few gratings of lemon rind. Stir in three well-beaten eggs, turn into buttered pudding dish, and bake in moderate oven thirty minutes. Serve with marmalade or fresh crushed fruit.

Chocolate Cracker Pudding. One cup of cracker crumbs, one quart milk, one-half cup sugar, two eggs, two squares chocolate (two ounces), one-quarter teaspoon salt, one teaspoon vanilla. Soak the cracker crumbs in the milk one-half hour. Add salt, sugar, chocolate melted, eggs beaten light, and vanilla. Put in buttered dish and bake in moderate oven until firm. Bread crumbs may be used in place of cracker crumbs, using two cups of stale crumbs. The pudding may be served hot or cold, with a hard sauce, or with whipped cream.

The milk question worked out to its economic conclusion—cheaper

than meat, dearer than cereals, is ready to eat without the aid of fuel or labor of preparation:

Milk at 8c. quart.....	100 calories costs .012
Round steak at 14c. lb.....	100 calories costs .015
Rib roast at 16c. lb.....	100 calories costs .013
Sirloin steak at 20c. lb.....	100 calories costs .020
Oatmeal at 4c. lb.....	100 calories costs .002
Potatoes at 60c. bu.....	100 calories costs .003
Cornmeal at 3c. lb.....	100 calories costs .004
White flour at 2½c. lb.....	100 calories costs .001
Beans (dried) at 4c. lb.....	100 calories costs .002
Peas (dried) at 4c. lb.....	100 calories costs .002
Shoulder of beef at 10c. lb.....	100 calories costs .013

RHEUMATIC INFECTION.—The *New York Medical Journal*, quoting from *The Practitioner*, says: Telling defines true rheumatism, *i.e.*, the rheumatic infection, thus: Practically every one to-day regards it as a bacterial disease, and therefore it can include all and only those morbid conditions which arise as a result of such bacterial infection. It is clear, then, that it is to the bacteriologists we must look in the final event to supply us with the exact limitations of true rheumatism as a clinical entity. Two main views are held at the present day, one, that rheumatism is a specific infectious disease, with, of course, a specific micro-organism, the other denies that the infection is due to a single or specific organism. On this latter view, it has been regarded as an attenuated pyæmia, a pathology which has now but few supporters; and others would regard the soil as the specific element, which means that a variety of organisms may, in specially predisposed persons, bring about the disease. The view that it is a specific infection is that to which bacteriological and clinical research more and more converge. At present there are many pathologists who, while accepting the hypothesis of specificity, assert that the microbe has so far eluded discovery, but, in England, at least, the researches of Triboulet, Poynton and Paine, Beattie, and others have carried conviction to the minds of many that the *Micrococcus rheumaticus*, which they describe, is the cause of rheumatism.

A MOTHER and boy were out walking one day, when the child noticed that the street was strewed with sawdust, and asked the reason. The mother explained that a baby had lately arrived in the house they were passing. After a moment's thought the boy said, "Well packed, was n't it?"